



LOURDES A. LEON GUERRERO
GOVERNOR, MAGA'HAGA'

JOSHUA F. TENORIO
LT. GOVERNOR, SIGUNDO MAGA'LÁHI

GOVERNMENT OF GUAM
DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES
DIPATTAMENTON SALUT PUPBLEKO YAN SETBISION SUSIAT

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LINDA UNPINGCO DENORCEY, MPH
ACTING DIRECTOR

LAURENT SF DUENAS, MPH, BSN, RN
DEPUTY DIRECTOR

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**Attention: Supplemental Nutrition Assistance Program
(SNAP, formerly Food Stamp Program) Recipients**

Due to federal shutdown, the Department of Public Health and Social Services (DPHSS) would like to inform SNAP recipients that the **February 2019 benefits** will be issued early. The benefits will be deposited into the EBT cards around January 20, 2019. **This is your full February 2019 benefit. This is not an additional benefit. You will not receive any more benefit in February.**

The processing of new applications/renewals will continue, however, **recipients processed after January 16, 2019 transmission date may not receive the February benefits** because of limited SNAP funding as a result of the current federal shutdown.

DPHSS would like to encourage the SNAP recipients to budget their benefits and plan carefully what they buy. **March 2019 benefits may be issued if funding is restored.** A few tips to help stretch SNAP benefits, include:

1. Comparing unit prices at the store to find the best bargain.
2. Learning how to waste less food.
3. Choosing lower-cost proteins like eggs, beans and lentils.
4. Consider using canned and frozen fruits and vegetables, which may be more affordable.
5. Planning meals around sales and what is already in your cupboard.
6. Using store coupons to further reduce food cost.

For more information, and for free tools and workshops on managing your food dollars, please contact Ms. Rynette Perez at the SNAP-Ed Program at 735-2020/735-2030, or by email at perezrc@triton.uog.edu. SNAP-Ed is a mobile nutrition education classroom that can meet you in your community.

Should you have any questions or concerns regarding this matter, please call the Bureau of Economic Security within the Division of Public Welfare at 735-7432.

LAURENT SF DUENAS, MPH, BSN, RN
Acting Director